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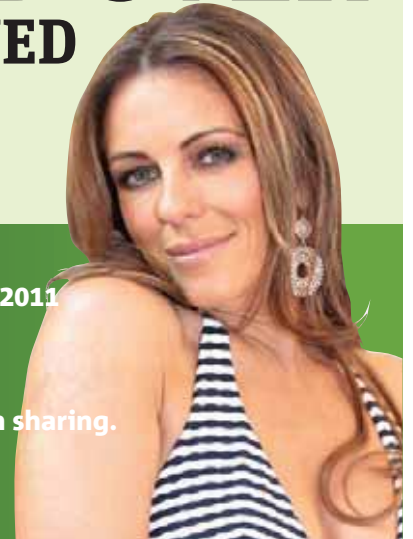
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**'FRESH START'
BLUENOSER CRACKS
ANAHEIM DUCKS'
LINEUP** {page 17}



**BOWLED OVER
HURLEY TO WED
CRICKETER
DISH** {page 11}



HALIFAX

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Tuesday, October 4, 2011
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News worth sharing.

Vote.



► Prince Edward Island Premier Robert Ghiz carries his daughter Julia, 2, as he greets supporters in Charlottetown last night. Ghiz's Liberal party won a majority in the provincial election. Story, page 7.

ANDREW VAUGHAN/THE CANADIAN PRESS

Advocacy group gets muzzled

► Department of Health and Wellness forbids organization from speaking publicly on gambling issues ► 'Advocacy' listed as a core value of GANS but it's not mentioned in new mandate



ALEX
BOUTILIER
@METRONEWS.CA

One of Nova Scotia's most vocal anti-gambling advocacy organizations may no longer be able to speak publicly on gambling.

Gambling Awareness Nova Scotia, an arm's-length government organization, is in the process of being dissolved into the Nova Scotia Health Research Foundation — a government entity that answers to the minister of health.

The move was part of the NDP's responsible-gambling strategy, released earlier this year.

The intention was to create a centre for excellence in gambling research. But nowhere in the new research centre's mandate is advocacy work mentioned — and now the directive has come down to avoid talking with the press.



"It remains to be seen on advocacy and the need for that. But we're very much committed that responsible gaming is front and centre in any decisions we make as a government when it comes to gambling in Nova Scotia."

MLA DAVE WILSON

When contacted on an unrelated issue by Metro yesterday, GANS's executive director, Celeste Gotell, said she had been advised to refer any media

inquiries to the Department of Health and Wellness.

It's a troubling sign from the government, according to Terry Fulmer, spokesman for Game Over VLT.

"It certainly will be a loss," he said yesterday. "(GANS was) very good at sticking their necks out and commenting on things and helping to fund some issues that would raise the pertinent questions."

Fulmer said his group suspected the move was an attempt to bring dissident voices under the government's watchful gaze back in March, when the strategy was released.

Dave Wilson, the minister responsible for the gambling strategy, said it remains to be seen what the role of GANS in the new system will be.

Wilson refused to comment on the directive to redirect media calls.

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Dartmouth man shot and killed in T.O.

A Dartmouth man was fatally gunned down in Toronto early Sunday morning.

Jefflin Beals, 25, was shot twice in the upper body just before 3:15 a.m. near Crawford Street and Lobb Avenue, just outside Trinity Bellwoods Park.

He was rushed to hospital, where he was pronounced dead.

Toronto police say they believe Beals was inside a vehicle that was fired at. He was found by officers outside the car on the street.

Const. Victor Kwong, spokesperson for the Toronto Police Department, said they believe Beals arrived in Toronto "recently."

"But that is still under investigation," he added.

He said there are no sus-

pects at this time and that a post-mortem examination was scheduled for yesterday.

The shooting occurred during Toronto's Nuit Blanche, an all-night outdoor art festival that had events going on in the park.

Beals is a former star with the Dartmouth Spartans high school basketball team.

He also has a number of past convictions.

Most recently in June, he was in Dartmouth provincial court facing several charges for breaching his probation and his release conditions, said Chris Hansen, spokesperson for Nova Scotia's Public Prosecution Service.

He's also had four past drug convictions, she said.

Condolences

After the news broke yesterday, some expressed condolences over Twitter.

"My prayers go out to the Beals family ... R.I.P Jefflin," @lanea83 tweeted.

ALY THOMSON

1

news

Voyeurism case may see charges

- Two of four women identified
- Police not ruling out connection to Halifax sleepwatcher case



ALY THOMSON
HALIFAX@METRONEWS.CA

Halifax Regional Police will have decided "within the next day or two" whether or not they will lay charges in connection with four images of women released last week, a police spokesperson said yesterday.

In an attempt to identify the women, who appear to be in bedroom-like rooms, police released the photos last Thursday. Const. Brian Palmer said it was in the interest of the "public's safety" to make the rare move.

On Friday morning, two of the women came forward. Palmer said they were both interviewed by outside police agencies over the weekend.

"That (interview) information is being turned over to our investigators,

"We have information of a person we believe is a person of interest to the images"

CONST. BRIAN PALMER
HALIFAX REGIONAL POLICE

and we hope to be in a position soon to make a decision regarding charges," said Palmer yesterday.

Police have a "person of interest" in relation to the images, he said.

Palmer said a voyeurism charge isn't laid very often, calling it "a unique case."

"Certainly, any time you have one of these charges you want to proceed cautiously," he said.

A voyeurism charge involves recording someone with an electronic device without their knowledge in a place where they expect to have privacy.



► One of the four images released by Halifax Regional Police last week. This female is one of two who haven't been located.

CONTRIBUTED



Look close enough at a college student's Facebook profile, and you might find evidence of a drinking problem. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Allan Small sees potential for a market rally during the coming earnings-report season. More at metronews.ca.

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First Nations



► Premier Darrell Dexter listens next to Shawn Atleo, left, the national chief of the Assembly of First Nations, and Mi'kmaq Grand Chief Ben Sylliboy during the Treaty Day awards presentation in the House of Assembly yesterday afternoon. The 25th annual Treaty Day highlights the accomplishments between the Mi'kmaq and the province.

PHILIP CROUCHER/METRO

A gathering of chiefs in honour of Treaty Day

Mental health group 'hard at it': Minister

- Health minister likes what she's seen in mental health strategy
- Liberal health critic says it's time to focus on mental health issues



ALEX
BOUTILIER
@METRONEWS.CA

Nova Scotia's minister of health says she expects a provincial mental health and addictions strategy by the end of the year.

Maureen MacDonald said yesterday the volunteer working group putting together the strategy requested an extension of 30 days over their previous deadline of the end of September.

"The working group are hard at it, and I'm antici-

pating I should have this strategy certainly by the end of the year," she said.

MacDonald said she was pleased at the pace of the working group.

"They're a group of volunteers, they're doing this on their own time, and I totally appreciate how much time it's taken," said MacDonald.

"They did a public consultation, they've seen more than 1,200 people participate in that process, they have some commissioned research.... It's a big piece of work, and I'm very

much looking forward to when they complete it."

Some of the preliminary themes have been shared with MacDonald, and she said they look "great."

MacDonald was responding to a call from the opposition Liberals, who demanded an update on the strategy's progress.

Liberal Health Critic Leo Glavine said he suspects the strategy won't see the light of day until 2012.

"There's such a great need to get this out, to get it acted upon," said Glavine.

Collaboration

► The mental health and addictions strategy is expected to identify ways for the Department of Health and Wellness and Department of Justice to collaborate on substance abuse issues.

"We're hearing more and more from the school system and the early adult population that have major mental health needs ... and we hope the strategy is going to address some of those."

Cost reductions

► Parker said the group is looking at all cost-reduction options, including exporting NewPage's share of the load to other jurisdictions.

NSPI eyes savings over NewPage

Nova Scotia Power Inc. is taking a closer look at the effect of the NewPage closure.

Mark Sidebottom, general manager of power production at NSPI, has been tapped to lead a working

group to identify "cost reductions" in the wake of the pulp and paper mill's shutting down.

"Essentially, what we're trying to do is find a balance between realizing any cost savings that we can, but we

also need to maintain the readiness of our plants," said NSPI spokeswoman Jennifer Parker. "So that if that plant was to come back on line ... that we'd be in a position to serve them quickly." ● ALEX BOUTILIER

Humanity rises above the fray

CONTRIBUTED



► The damaged storage pod

Members of Habitat for Humanity Nova Scotia in Spryfield came back to work yesterday to find that one of their storage pods had been trashed.

Heather Noseworthy, the organization's construction services manager, said the pod is used to store volunteer gear like work boots, t-shirts and snacks, and was damaged sometime over the weekend.

"They kicked in the door and kicked everything around. Everything was a mess," she said yesterday, adding a graffiti message was left on the side of the pod.

She said nothing was taken from the pod except a few granola bars and other snacks, and the damage to the pod will not be costly.

But the expense isn't

what bothers Anne Connolly, executive director of the non-profit organization.

"It's just senseless. A petty, senseless, waste of time, waste of money and waste of energy. Instead of being out in the community spreading the word, I've been dealing with this," she said, adding yesterday was World Habitat Day.

Connolly said police will try to identify the culprits through the graffiti tags.

● ALY THOMSON

WEATHER FORECAST

Wet months lie ahead

Haligonians could be in for a wetter-than-normal October, November and December.

Environment Canada is predicting average or above-average precipitation amounts for the HRM in those three months, according to an Environment Canada seasonal forecast released over the weekend.

"If you take the model literally, it would say that Halifax would be right around normal or slightly above normal," said Bob Robichaud, a meteorologist with Environment Canada in Halifax.

Robichaud said the region's temperatures for the next three months should be about average: About 17 C for Oct., 4 C for November and 1 C for December.

He said it's been a warm fall so far, but "that will soon change."

● ALY THOMSON

News in brief

Missing woman

ONE YEAR. The RCMP are asking for public assistance in the search for a woman who has been missing for a year.

Katherine Cora McNeil, right, was last seen leaving the Cumberland Regional Health

Care Centre in Upper Nappan on Oct. 4, 2010.

THE CANADIAN PRESS



Murder charges

STABBING. Christopher Norman Slaunwhite, 18, of Halifax is facing several charges including attempted murder after someone was stabbed in the chest during a break-and-enter in Halifax on Saturday night. ● METRO

Second-degree murder trial

LIVERPOOL. Accused of killing his fiancée, James Leroy Leopold, has been committed to stand trial on a charge of second-degree murder. CKBX

News in brief

MATT SAYLES/THE ASSOCIATED PRESS FILE



► Gene Simmons and Shannon Tweed

Simmons, Tweed wedding benefits SPCA

DONATIONS. The Saskatoon SPCA says it is \$5,700 richer thanks to the wedding of reality TV star Shannon Tweed and Kiss rocker Gene Simmons.

The couple wed in Beverly Hills, Calif., on the weekend and, instead of setting up a gift registry, asked guests to consider donating to the SPCA. Tweed, a former Playboy model born in Newfoundland, was raised in Saskatoon. **THE CANADIAN PRESS**

Berlusconi aides face trial

INDICTED. A Milan judge yesterday ordered three aides to Premier Silvio Berlusconi to stand trial on charges they allegedly recruited a Moroccan girl and several women for prostitution.

All three have denied wrongdoing.

The trial begins Nov. 21. **THE ASSOCIATED PRESS**

Massacre site opens to media

NORWAY. Norway opened the island of Utøya to journalists yesterday, the first time since confessed mass killer Anders Behring Breivik massacred 69 people at a youth camp in July, with the ruling Labour Party vowing to ensure its idyllic retreat transcends tragedy.

THE ASSOCIATED PRESS

Got (breast) milk?

- Petition latest push in Alberta for human-breast-milk bank
- Would be used for pre-term babies, moms who can't produce milk: RN

HEATHER MCINTYRE
@METRONEWS.CA

METRO CANADA IN EDMONTON

Support for a human-breast-milk bank in Alberta is growing, and an Edmonton woman is doing what she can to pump it up even further.

Erie Melnychuk, a registered nurse and lactation consultant, began advocating last year and started a petition last week, though she noted it's a long process, due to the need for funding, space and government support.

"We would be using the breast-milk bank for pre-term babies and if mothers couldn't produce milk," Melnychuk said. "I know there are needs for that."

Natasha Chiam agrees. "My first son was a pre-



► Erie Melnychuk poses with two bags of her frozen breast milk.

emie, so we spent just about three weeks in (the neonatal intensive-care unit)" said Chiam. "I was able to pump enough milk for him, but had I not been

able to, I would have chosen it over formula."

But Natasha Proulx, mom to one-year-old twins, isn't so sure.

"I tried to nurse and

Milk sharing

- There is currently only one human-milk bank in Canada, located in Vancouver.
- The Petition for Public Interest in a Human Milk Bank in Alberta, online at petitiononlinecanada.com, had more than 200 signatures yesterday afternoon.
- The Facebook group Human Milk 4 Human Babies — Alberta is a popular way to share breast milk.

ended up using formula," she said. "I would want any breast milk to come from me, not another mom. I know it's tested but I still might feel uncomfortable."

For now Melnychuk plans to use the petition to continue to garner more support.

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Knox freed from prison

► Italian appeals court clears U.S. student of murder conviction
► Judge orders immediate release

An Italian appeals court threw out Amanda Knox's murder conviction yesterday and ordered the young American freed, a stunning reversal four years after she was jailed for the death of her British roommate.

Reports say she left prison late last night and will fly home to Seattle with her family today.

Knox, 24, collapsed in



► Amanda Knox

dant, Italian Raffaele Sollecito, also was cleared of killing 21-year-old

tears after the verdict overturning her 2009 conviction was read out. Her co-defen-

Meredith Kercher in 2007.

The eight-member jury acquitted both Knox and Sollecito of murder after a court-ordered review cast serious doubts over the main DNA evidence linking the two to the crime.

The judge upheld Knox's conviction on a charge of slander for accusing bar owner Diya (Patrick) Lumumba of carrying out the killing. He

set the sentence at three years, meaning for time served. Knox has been in prison since Nov. 6, 2007.

The Kercher family looked on grimly and a bit dazed as the verdict was read out by the judge after 11 hours of deliberations. Outside the courthouse, some of the hundreds of observers shouted "Shame, shame!"

THE ASSOCIATED PRESS

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Tensions. Rising



► Palestinians hold pictures of relatives being held in Israeli jails during a protest calling for their release in the West Bank city of Nablus yesterday.

NASSER ISHTAYEH/THE ASSOCIATED PRESS

Fires fuel controversy

Tensions in the region escalated yesterday after arsonists torched a mosque in an Arab village in northern Israel. Graffiti sprayed at the site suggested Jewish radicals, suspected in other recent mosque fires, were involved.

New York mayor grilled at fraud trial

Mayor Michael Bloomberg testified yesterday against a former campaign operative accused of bilking him out of more than \$1 million, then underwent hours of cross-examination by a defence lawyer who questioned whether he had skirted the law himself.

"He promised things that he didn't do," Bloomberg said of John Haggerty, who is accused of persuading the mayor and his staff to finance an expansive poll-monitoring initiative that never materialized, then using most of the cash to buy himself a house.

The defence has sought to paint a picture of Bloomberg as a high-rolling candidate surrounded by privileged insiders who skirted ethics rules.

THE ASSOCIATED PRESS

Liberal premier re-elected in P.E.I.

► Robert Ghiz defeats Conservative opposition with a majority government ► Grits win 22 of province's 27 seats

Liberal Premier Robert Ghiz won his second majority government in Prince Edward Island, albeit a slightly reduced one, wrapping up an election yesterday that saw bribery accusations rock an otherwise quiet campaign.

Ghiz easily won his riding of Charlottetown-Brighton, a largely residential district.

"We're extremely happy

that Islanders have given us a chance to govern over the next four years," Ghiz said.

Heading into the election, there were 24 Liberals, two Conservatives and one seat was vacant.

Ghiz's victory builds upon a family dynasty in Island politics that began with his father Joe, who served two terms as the province's premier from 1986 to 1993.

Prime Minister Stephen Harper applauded Ghiz for his win.

"On behalf of the Government of Canada, I congratulate Premier Ghiz and his team on their victory," Harper said in a statement.

But Ghiz did not emerge from the election unscathed. Allan Campbell, a cabinet minister who oversaw an immigration program marred by allegations

of bribery, lost his seat in Souris-Elmira to Tory challenger Colin Lavie.

During the campaign, Ghiz dismissed the allegations as an attempt by the Tories to blindside his government and accused the party of stirring the controversy unnecessarily.

Yesterday, Ghiz accused the Conservatives of going overboard in their attacks. "It was an extremely

negative campaign where a lot of false accusations were made," he said.

Opposition Conservative Leader Olive Crane won her rural district of Morell-Mermaid in eastern P.E.I.

"Today is about Islanders and they've made their decision," Crane told CBC.

"Of course, we would have liked to have done a little better, but looking back we would not have

ANDREW VAUGHAN/THE CANADIAN PRESS/



► Premier Robert Ghiz

changed a bit of our strategy." **THE CANADIAN PRESS**



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THIS BARISTA'S CUP IS STILL HALF FULL

SHE SAYS ...

JESSICA NAPIER
METRO



After high school, I sunk six years and thousands of dollars into post-secondary education. And yet, I managed to learn some of life's greatest lessons from behind the counter at a local coffee shop.

For four years I worked evenings and weekends slinging cappuccinos for \$6.25 an hour and actually loved almost every minute of it. Sure my hair permanently smelled of Guatemalan dark roast, but as far as part-time jobs go, being a barista is a pretty good gig. I enjoyed an endless supply of free coffee (an integral component in my scholarly success) and made a series of interesting new friends I might never have met otherwise. And while a large percentage of my fellow employees were the Hipster Barista meme personified, they were always happy to share the last piece of lemon poppy-seed cake or make me a mix CD.

"I taught myself how to identify the exact moment milk starts to burn using only my sense of smell and the caloric value of bran muffins vs. regular (hint: not as much as you'd like to think). I learned that accessories are a uniformed-employee's best friend and that I can drink exactly three double shots of espresso before experiencing heart palpitations."

I certainly wasn't the best barista in town — my latte art always ended up looking like a Jackson Pollock abstraction rather than a perfectly swirled leaf — but over the course of my coffeehouse tenure, I learned some pretty neat things. I taught myself how to identify the exact moment milk starts to burn using only my sense of smell and the caloric value of bran muffins vs. regular (hint: not as much as you'd like to think). I learned that accessories are a uniformed-employee's best friend and that I can drink exactly three double shots of espresso before experiencing heart palpitations.

But the most important lesson I learned in those barista years is this: people are pretty rude, especially before they've had a cup of coffee.

They say the customer is always right; this is true about 50 per cent of the time (I'm being generous here). The other 50 per cent of the time you just have to fake it. And so I happily smiled through strings of obscenities and personal insults, apologized when I wasn't at fault and prepared new drinks for those who had ordered incorrectly to begin with.

Working in the coffee shop wasn't really about mastering the roasting scale or brewing techniques; it was about standing on your feet and taking customer abuse for 10 hours a day without letting it crush your soul. Underpaid and overworked, I know just how difficult life can be on the other side of the counter and I'm a better person for it.

Read more of Jessica Napier's columns at metronews.ca/shesays



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and take the quick poll

Should the sale and distribution of raw milk be legal?

80%

YES, LET CONSUMERS DECIDE



20%

NO, IT'S A HEALTH RISK

Letters

On Friday evening at 6:30 p.m., I witnessed about 40 people on pedal bikes with loud music blasting turn onto Morris Street from Lower Water Street and proceed up the hill.

There were a number of problems with this protest.

First off, the lead biker had a big sign that read "F-k Cars," secondly they proceeded to break the law and ignore a red light on Hollis going through it.

Third, they had no respect for the city or the tourists. This was evident as the people on the streets were shaking their heads in disbelief when they held up traffic and went through the red light.

I am all for standing up for what you believe in, but this was ridiculous and the law was clearly broken.

Way to go. Some of us who enjoy riding bikes will eventually pay the price for your stupidity.

Please try a more civilized approach in the future.

KEITH
HALIFAX

Open. Wide



► A performer puts his head inside a crocodile's mouth to retrieve some money at Samutprakarn Crocodile Farm in Bangkok.

RICHARD JONES / SINOPIX/REX FEATURES

Photo of the day The fearless teen slipped his head inside the croc's huge mouth, perilously near two rows of fearsome razor-sharp teeth. It was no mean feat, considering a crocodile's jaw is the strongest of any living animal, including the great white shark.

WEIRD NEWS

Drink your words

If you ever wondered what words taste like, now you're in luck. Misha Volodin from St. Petersburg, Russia, a 30-year-old music-shop clerk by day, disc jockey Morskoiboy by night, spent his after-work hours building a contraption that mixes cocktails by typing on a keyboard.

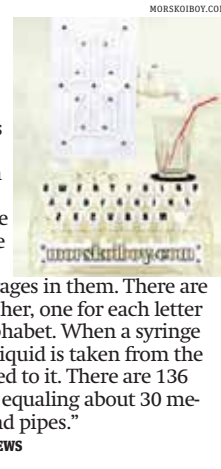
Metro asked him how it works:

"Behind each of the letter keys is a syringe pump, filled with your choice of liquid. When you press a key, its letter lights up on the screen. But instead of using liquid crystals, as in other electronic displays, my machine's display

functions via multicoloured syrups and liquids. Yes, this machine converts words into cocktails.

"Attached in the back of the keyboard, there are slots for the bottles with coloured beverages in them. There are 26 slots altogether, one for each letter of the Latin alphabet. When a syringe stem goes up, liquid is taken from the bottle connected to it. There are 136 tubules inside, equaling about 30 metres of tubes and pipes."

● METRO WORLD NEWS



MORSKOIBOY.COM

Flesh. Mob



► Protesters dressed as zombies march through the New York financial district yesterday.

JOHN MINCHILLO/THE ASSOCIATED PRESS

'Zombies' attack Wall Street

Activists speaking out against corporate greed showed no sign yesterday of giving up their campaign in New York City, with organizers urging participants to dress as "corporate zombies" and rally against police brutality. The weekend arrests of 700 people fuelled the anger of other protesters and sparked support elsewhere in the United States as Occupy Wall Street entered its third week.

Mulling next steps of bailout

Inspectors from the IMF, European Central Bank

and European Commission are in Athens this week reviewing reforms to see if Greece qualifies to receive the next 8-billion-euro instalment of its 110-billion-euro bailout. Without it,

Greece will run out of funds to pay salaries and pensions in mid-October.

Greece's debts are projected to reach 172.7 per cent of gross domestic product next year.

THE ASSOCIATED PRESS

Apple fans amped for new iPhone

► Company expected to unveil iPhone 5 today ► First upgrade of the popular smartphone since June 2010

Apple Inc. is expected to announce a new, more powerful version of its wildly popular smartphone today.

And as in the past, consumers are likely to clamour for it. Apple analyst Tim Bajarin says the company could sell more than 25 million iPhones during the holiday quarter, which would be well above the 16.2 million it sold during the holidays last year.

"There's huge pent-up demand for this," Bajarin said.

The first iPhone was launched in 2007, and its slick looks, high-resolution screen and intuitive software made it a winner from the start.

39M

From January to June of this year, Apple sold 39 million iPhones.

The new iPhone is expected to have a number of changes, the biggest of which will likely be the inclusion of Apple's latest iOS mobile software, iOS 5. It includes wireless device setup and content syncing as well as beefed-up camera, email and Web-browsing apps.

The phone is also expected to have Apple's forthcoming iCloud service, which stores music, documents, apps and pho-

Market moment

TSX	Dollar
-372 (11,251.84)	-0.26¢ (95.14¢ US)
Oil	Natural gas
- \$1.59 (\$77.61 US)	1,000 cu ft \$3.617 US (-4.9¢)
	Gold \$1,657.70 US (+ \$35.40)

tos on Apple servers and lets users access them wirelessly on numerous devices. THE ASSOCIATED PRESS

Take Us Home! Vance and Cassidy

5 month old Vance is a white medium hair male and Cassidy is a 4.5 month old black short hair female who are bonded by circumstance & love.

Since Vance is deaf, Cassidy has taken it upon herself to be his care taker. Due to their strong bond, Vance and Cassidy are looking for a home that can give them both the love and care they deserve. They have been Feline leukemia tested (negative) and have been vaccinated. Vance has been neutered and Cassidy has been spayed. Now all they need is the right family to take them home.

For more information on Vance, Cassidy, and other adoptable furry friends, visit metro.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@metro.spcans.ca

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2
scene

Scene in brief



The Bluth family's frozen banana stand may be back in business. At an Arrested Development reunion Sunday at the New Yorker Festival, the creators and cast announced plans for a new TV show that spins off the short-lived but critically acclaimed TV show, which went off the air in 2006 after just three seasons. They also discussed more concrete plans for a much-awaited movie. Creator Mitchell Hurwitz said the spinoff will feature nine or 10 episodes focusing on each character and leading up to the movie. The first scene of the movie will be all the characters reunited. The Fox show, which suffered low ratings despite its rabid fan base, starred Jason Bateman, Michael Cera and Portia de Rossi.

THE ASSOCIATED PRESS



Andy Rooney considers himself lucky as he ends weekly 60 Minutes run after 33 years.

A real horror show

► FX set to premier American Horror Story ► Does this haunting homage have staying power?



► American Horror Story is a new twist on the time-honoured story of an unsuspecting family taking up in a haunted house.

Just when you needed it, the FX network is throwing American Horror Story at you.

To judge from its first two episodes, it's a robust diversion from the real-life droughts and hurricanes, joblessness and political stalemate that were already giving you the willies. It aspires to be The Shining-meets-Rosemary's Baby, with Carrie and Don't Look Now tossed in.

But more than a dead-on horror show, it's a homage to cinematic spookery. And a good one. In short, American Horror Story doesn't really scare you. It just gets in your head. The big unknown: Is it wily enough to stay there, week after week?

Alert: Spoilers coming up — which is another way of saying you might just as well apply the time you'd

spend reading this to watching the premiere and then making up your own mind. You'll find it a memorable experience, at least.

From the fertile imaginations of Ryan Murphy and Brad Falchuk (Glee, Nip/Tuck), American Horror Story has a premise that is simple and time-honoured: A haunted house is occupied by a likable, remarkably unsuspecting family.

Ben Harmon (played by Dylan McDermott) is a Boston psychiatrist who has been caught cheating by his wife, Vivien (the wonderful Connie Britton of Friday Night Lights). She already was reeling from a late-term miscarriage. They need to make a fresh start. They and their teenage daughter, Violet (Taissa Farmiga) pull up stakes and head cross-country for Los Angeles.

FX comes
to Canada

► American Horror Story will air on FX Canada, which will launch on Nov. 1 as a digital service.

"This place is our second chance," Ben tells Vivien, whose forgiveness he desperately seeks — if for no other reason than because she hasn't slept with him for almost a year.

This place, the family's new homestead, is a looming "classic L.A. Victorian from the 1920s," according to the real-estate agent showing them around. But it seems more like a vestige of Monster Chiller Horror Theater, a domicile whose past residents have, of

course, died gruesomely.

Sold! If the elements of this horror story seem second-nature, they take the form of striking imagery that, at times, makes them as unsettling as they are familiar.

The house, restored from its previous ramshackle condition, retains disturbing artifacts upon which the Harmons will stumble. The house also comes with strange neighbours. Jessica Lange plays Constance, a busybody Southern belle with an even more intrusive daughter, Adelaide, who (like Jamie Brewer, portraying her) has Down syndrome.

With his practice set up in the family home, Dr. Harmon's ill-advised first client is a teen psychopath (Evan Peters), who bonds with the Harmons' troubled daughter after they

meet in the bathroom, where she's cutting herself.

That's not all the weirdness in store. Did we mention Moira, the longtime housekeeper (played by Frances Conroy, past matriarch of Six Feet Under)? She's the sort of spectral figure who warns these new owners that the house "has a personality; feelings. Mistreat it and you'll regret it."

But Ben sees Moira another way. Spinsterish, middle-aged Moira appears to him as "Moira, Jr." (played by Alexandra Breckenridge), a sexy young temptress with a scanty French-maid outfit and a come-on look.

The premiere dumps a number of major questions on the audience, including the most fundamental: Why do the Harmons stick around in this crazy house?

THE ASSOCIATED PRESS

DVD Releases

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Fast Five

Genre: Action

Director: Justin Lin

Stars: Vin Diesel, Paul Walker, Dwayne Johnson

Fast Five, from director Justin Lin, is imbecilic, illogical and interminable. Oh yeah, it also has a negative side. That would be the lamentable decision to transform this testos-

terone-injected totem into just another heist series.

It's now a decade and four sequels past the flash of "B" movie brilliance that was the original film, The Fast and the Furious. Remember that one? It was just about the cars, stupid. This time out, with the action shifted to Rio de Janeiro, there are still hot cars, hotter women and



plenty of burnt rubber. The wheels have completely come off this once great idea. ● PETER HOWELL

Scream 4

Genre: Horror

Director: Wes Craven

Stars: Neve Campbell, Courteney Cox, David Arquette

It has been 15 years since horrormeister Wes Craven and satiric scripter Kevin Williamson first teamed up to reinvent the slasher flick and produced the original Scream. It suc-

ceeded in spades by slicing and dicing the genre's clichés. Now comes Scream 4, which hits the mute button on this once-great notion. The sardonic laughs are mostly gone in this wheezing cash cow. The greatest shocks are the ones facing the now middle-aged main actors when they look in the mirror. ● PETER HOWELL

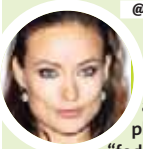
Celebrity tweets



What kind of music would y'all want from me on my next album? Thinking about going back to the studio



@JessicaSimpson



@oliviawilde

Auto-correct strikes again. My phone turns "fed" into "F'ed" which is awkward when telling my roommate I gave the dog his food.

@RealRonHoward

Bryce is directing up a storm. Even pre-gers



Martha does what with the door open?

▶ Stewart's daughter releasing book that has some disturbing revelations

Martha Stewart is getting the "Mommy Dearest" treatment from daughter Alexis Stewart in a new memoir, *Whateverland: Learning to Live Here*, which will be released later this month.

"Martha does everything better! You can't win!" Alexis writes in the book, according to the Daily Mail. "If I didn't do something perfectly, I had to do it again. I grew up with a glue gun pointed at my head."

Alexis also makes some startling revelations about the domestic diva's hygiene, revealing that



▶ Martha Stewart

Martha "always peed with the door open," according to the book.

"I remember saying, 'You know, now I have

friends over! You can't do that anymore!

"It's gotta stop! My friends' parents don't do it! Give me a break here! I

don't feel like being embarrassed! It's exhausting! I'm a kid! Stop!"

METRO

Liz Hurley engaged to cricketer

With her divorce from Arun Nayar finalized in June, Elizabeth Hurley is ready for marriage again.

The actress is now engaged to cricket player Shane Warne, the happy couple confirmed on Twitter.

"Shane Warne has confirmed his engagement to actress Elizabeth Hurley after proposing at the Alfred Dunhill Links Championship," a rep for the golf tournament said in a press release.

Hurley had recently been spotted sporting a massive sapphire ring, which is suspected to be her engagement ring.

METRO



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3
life

Trends



Steven Soderbergh's *Contagion* has everyone squirming and itching — and for good reason. The movie's deadly pandemic virus is being backed — not snubbed — by scientists at the CDCP (Centers for Disease Control and Prevention). It's modeled on a fatal South Asian infection, Nipah Virus. ● METRO



Scientists shake it up in dance video for McGill cancer research centre. Scan this code to read the story and watch the video.



▶ Drinking coffee on a regular basis can keep a smile on your face.

Java keeps you jovial

▶ Harvard study shows coffee drinkers at lower risk of developing depression ▶ So, drink up



CELIA MILNE
LIFE@METRONEWS.CA

Go ahead, be happy. Have a cup of java.

A large study at Harvard set out to find whether drinking coffee was associated with depression, as previous studies had hinted. Results were surprising.

"Regular coffee drinkers have a lower risk

of developing depression than non-coffee-drinkers," Dr. Albert Ascherio, professor of epidemiology and nutrition at Harvard University school of public health, told Metro.

Researchers analysed records for 50,739 women who participated in the Nurses' Health Study. None of these women had depression at the start of the study in 1996.

What is healthy?

How much coffee is safe for you?

▶ Numbers Health Canada suggests that healthy adults can drink up to three cups of coffee a day.

They were asked how much caffeine they consumed, and they were

followed until 2006. In that time, there were 2,607 cases of depression.

They compared women who drank one cup of coffee or less per week to those who drank two to three cups per day, and found the latter had a 15 per cent decrease in risk for depression.

And those who drank a whopping four cups a day were at a 20 per cent decrease in risk.

The authors — not wanting women to start drinking copious amounts of coffee helter skelter — note that these results need to be duplicated in other studies.

"Because of its observational design, this study cannot prove that caffeine or caffeinated coffee reduce the risk of depression, but only suggest the possibility of such protective effect," says Ascherio.

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ROMINA MCGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

What did you feel on the 10th anniversary of 9-11? Were you overwhelmed? Tried to ignore it? Or did you find remembering that day cathartic? What are you feeling now, weeks later? Understanding your feelings may help you understand something as ambiguous as grief.

Traditionally, doctors have thought we all go through the "grief cycle," a classic model devised by psychiatrist Elisabeth Kübler Ross in the '60s.

She identified five stages of grief: denial, anger, bargaining, depression and acceptance. We may all go through them, though at different speeds.

It gets more complicated when dealing with large-scale disasters. Those who suffered no direct trauma will have an easier time moving on with their lives while those directly affected (physically or emotionally) face a long road to recovery.

And sudden tragedies, like a tsunami or the recent mass shooting in Norway, take those affected by surprise, complicating the grieving process. "We never get over a death or loss. We just learn to live life in a different way," says Dr. Heidi Horsley, a grief expert.

Normalizing your grief

by speaking with others that have been through a similar experience will help you realize that feeling sad and out of control

is OK.

Initially, denial is inevitable. It may even last forever. Horsley describes how after 9-11, many

hoped their loved ones were walking around the city with amnesia...until they had seen their remains.

George Bonnano, professor of clinical psychology at Columbia University in New York, says the most common response to ex-



► Grieving after the Norway attack.

treme tragedy is resilience, with most people functioning relatively normally one month after the trauma.

"Being upset is how we cope with a tragic event, just like a fever is how we cope with infection," he says.

"Distress is our psychological fever, an indicator that we are doing something to adapt."

Or as Horsley explains it, life moves on. "Grief comes at us in waves. Initially we hold on to the memory of a loved one and the pain longer than we ought to in fear that letting go means we have forgotten. Time goes by and life moves on. We live in a grief phobic society where there is little tolerance for grief over time."

Her prescription: "Life is a temporary state so live every day as though it were your last."

"I survived the Norway shootings"



► In the days after the Norway attacks, memorials like this popped up all over.

On July 22nd, Adrian Pracon was shot at point blank by right wing terrorist Anders Behring Breivik on the Norwegian Island of Utoya, surviving by playing dead amongst the corpses.

Nearly two months on, he tells us how he's coping with his grief.

"It's been very hard to deal with what happened. I spent the first week in

hospital where I was consumed by guilt. He had the opportunity to kill me several times and didn't — why did he spare me? Why did I survive and others didn't? Then I realized this was all up to one man and that I couldn't blame myself.

I went back to work for the Youth Party the day after I was discharged, to try and lead my life as normal.

I became more inspired by my work. I haven't been to see a psychologist; instead I've been having weekly meetings with a ghostwriter. This is the time I allocate to self-analyze the attack. I feel no anger over what happened but distress. Understanding why he did this is impossible for someone with a sane mind.

My life is very much

back to normal except for when I enter a room — I scan it for an escape route. I function thanks to my family, friends, colleagues and my dog — walking him has helped keep me grounded. I see the other survivors almost every day — we understand each other in a way friends and family can't.

Many of them had tattoos related to their sur-

vival, such as the date or a victims' name. I was shot in the shoulder at point blank range. I consider my scar as an involuntarily tattoo. The gun shot also reduced the hearing in my left ear by 40 per cent. I get irritated when I don't hear what people say. I appreciate everything more now. We will never forget, just learn to live with it."

► ROMINA MCGUINNESS

Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

Family First-Aid Essentials

Every year more than 3 million Canadians end up in an ER because of an injury, but many of those visits are unnecessary because the injuries may be minor. Writer Michelle Villett checked with leading experts to find out what the essentials are about some of the basic remedies for a family first-aid kit.

For minor cuts and scrapes: Try Polysporin, Bactroban or Ozonol. These topical ointments contain antibiotic ingredients and treat against minor infections.

For minor burns/sunburns: Try Aspirin, Advil, Aleve or Tylenol. Each

have different active ingredients but all work by temporarily blocking the body's production of prostaglandins, which activate pain and fever.

Antihistamine, Benadryl Itch Stopping Cream, Cortoderm Ointment. These relieve symptoms of local inflammation.

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Another reason to quit smoking

► Cigarettes cause strokes earlier, Ottawa study finds

A new comparison of patients at an Ottawa stroke prevention clinic suggests that those who smoke have strokes or mini-strokes at a younger age than non-smokers.

In fact, the smokers were almost a decade younger when they were referred to the clinic for treatment — with an average age of 58, compared to an average age of 67 for the non-smokers of the group.

The researchers stumbled upon the findings in the midst of another study aimed at finding out whether medication would help people quit their years of smoking.

The study involved 982 people treated at the centre between Jan. 2009 and Mar. 2011.

They were at high risk for stroke after having a

mini-stroke known as a transient ischemic attack, a suspected TIA or an actual stroke.

"We started to look carefully at who these people were that were being referred to us who are at high risk for stroke, how old they were, whether they were men or women, where they came from, and that's what led to this surprise finding," said one of the principal investi-

gators, Dr. Mike Sharma, a stroke neurologist at the Ottawa Hospital.

"We compared the characteristics of the smokers to the non-smokers, and much to our surprise, the smokers were having this disease about a decade younger than the non-smokers."

THE CANADIAN PRESS



FILE PHOTO/THE CANADIAN PRESS



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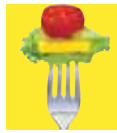
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LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



Tucked away in the corner of a strip mall in Clayton Park is a large pub called Winston's — a popular lunch spot with the usual pub food and daily specials. In the evenings it's transformed into a lively and entertaining destination popular for those in the neighbourhood.

Service is friendly and

► **Winston's Pub & Eatery**
278 Lacewood Dr.
443-7024
winstonspub.com
Social lunch: Yes
Price range: \$\$
Rating: 3 out of 5



► Lasagna (\$9.99).

there's an extensive menu. My pal and I both choose Friday specials. The Pan-Fried Haddock (\$8.99) is a generous portion, nicely cooked but it could be fresher. It's accompanied by a mix of vegetables —

beans, broccoli, carrots, squash — as well as a potato (baked in this case).

My Lasagna (\$9.99) is a traditional homemade version — a multi-layered thick portion. The meat sauce is fine, but more

spice would be nice. It's accompanied by a Caesar salad with crisp lettuce, lots of cheese and lightly dressed.

The food at Winston's is basic, mostly tasty, and the prices are great.

Turkey, Apple & Cheddar Hand Pies



Preparation:

1 In bowl, combine turkey, apple, cheddar, green onion and parsley. Divide mix over four tart shells. Brush tart edges with egg and top with remaining shells. Brush with egg and sprinkle with coarse salt. Using tip of knife, make ventilation slits in the top of each.

2 Bake at 400°F (200°C) until pastry is golden and filling is hot and bubbling, about 35 minutes. Let cool for 5

Ingredients:

- 2 cups (500 mL) shredded, cooked turkey
- 1 apple (peeled, grated)
- 1/2 cup (125 mL) grated sharp cheddar
- 1 green onion, sliced
- 1/4 cup (50 mL) chopped parsley
- 16 3-inch (7.5cm) frozen tart shells, thawed
- 1 egg, lightly beaten
- 1/2 tsp (2 mL) coarse salt

minutes before serving. **NEWS CANADA**

AN AGE-OLD PROBLEM

I'm always arguing with my wife about the remote control in our bedroom. What side of the bed should it stay on and who has control of the channel we are watching?

This problem is in the bedrooms of most Canadians!

I have dealt with this exact issue in the homes of my clients. The answer is simple — buy two remotes with your TV. Generic remotes from your local hardware or department

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store are often available. But now who gets to pick the TV program? Butlers are wise

people but this is a couples problem that only the two of you can resolve. I would suggest negotiating and playing United Nations in your bedroom. Taking turns every other show or every other day is your choice. Remember, the nicer you are to your wife, the nicer she will be with you!

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Are your home expenses gobbling up all your money?

Home poverty happens when there's decreased household income, typically from unforeseen unemployment or reduced salary. Other times, people overbuy, thinking that an extra \$30,000 wouldn't make much difference or perhaps a person signed up for an overly aggressive payment plan.

Home poverty is stressful because there's little money left over for other things like RRSP contributions, home maintenance, car repairs and vacations. It's also cited as one of the leading causes of spousal spats. The key to getting out

of home poverty is increasing your cash flow. To do that, you either need to make more money or cut back on your expenses.

To make more; ask for a raise, work overtime, get a second job, open a small business or do some consulting. Don't forget to apply for all applicable government support and tax breaks (cra.gc.ca).

Making more money takes time, so focus on cutting expenses immediately.

If you're in major financial trouble, you need to make major adjustments. Consider selling your home and buying a more affordable one. Rent out rooms or investigate the legal requirements to transition your basement into a rental unit. If you've got two cars, sell one and share the other with your partner. Or, if you're close to mass transit, get rid of your car. If you've signed up for a luxury vacation, cancel it. If you've got Junior in private school, put him in the public system.

Beware Black October

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Ghosts and goblins and stock market bears — oh my! Investors should be aware of October's dark forces. It isn't the worst month historically for the stock market (that honour belongs to September), but it is the month of the most memorable stock market drops (see the table above).

One October market stumble that didn't make the list is what is sometimes referred to as the Asian Flu of 1997, which pulled the market into a crevasse on October 27th, 1997.

It was a stomach churning 508 point, one-day drop of over seven per cent.

Another market crash is

Dark days, indeed

Here are eight memorable stop market drops that top the list for the Dow Jones Industrial Average in the season of the pumpkin.

- ▶ October 1987: -21%
- ▶ October 1929: -20%
- ▶ October 1907: -15%
- ▶ October 2008: -14%
- ▶ October 1932: -13%
- ▶ October 1917: -11%
- ▶ October 1937: -11%
- ▶ October 1930: -10%

*All figures rounded

the dot-com collapse between early 2000 and late 2002. The overall market decline didn't match that of the previous Black Octobers, but the technology laden NASDAQ was hammered, losing nearly 80 per cent over 20 months.

By the time the lengthy technology unwinding officially ended early in October, countless portfolios



▶ Alison's money rule: October is often brutal on the stock market but you can protect yourself with smart investing practices.

had been shattered by Nortel, JDS Uniphase, Cisco, WorldCom and on and on.

Another October that doesn't rank in the top eight in terms of declines was in 2007. But it fits with other deadly Octobers since that month was the beginning of the U.S. real estate bubble popping. Pulled down by the housing implosion, the S&P 500 dropped steadily before it came to rest at bottom in March 2009.

What lessons can we learn from the past? There's one that pops to mind. Dollar cost averaging is your best friend. This is

the practice of buying regularly over time rather than in lump sums here and there. Don't guess which way the market is going. Don't try to time the market and jump in and out of investments.

If you are happy with the quality of your investments (stocks, exchange traded funds, mutual funds or bonds) then buy them regularly over time and you will smooth out the impact of all those nasty Octobers.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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Allan Small
Senior Investment Advisor – DundeeWealth

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STOP WORRYING ABOUT MONEY!

COMING TO THE HALIFAX AREA ON
OCTOBER 17TH - 18TH

I believe what is happening to our economy right now is NOT a "normal" cycle of recession, but a radical change that could wipe out the Middle Class and leave us with a society of only rich and poor.

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Gordon lands gig with Ducks

JEFF GROSS/GETTY IMAGES



► Andrew Gordon suits up for the Anaheim Ducks during the NHL pre-season.

► Porters Lake native lands spot on season-opening NHL roster for first time ► Joins same team as childhood hero Teemu Selanne



MATTHEW WUEST
@METRONEWS.CA

It looks like Andrew Gordon's decision to sign with the Anaheim Ducks this summer was a good one.

After spending four seasons in the Washington Capitals organization lighting up the American Hockey League, the 25-year-old winger has cracked the Ducks' opening-night 23-man roster.

Gordon, who has 11 NHL games to his credit with the Capitals, inked a two-year, \$1.075-million contract in the off-season that guarantees him a minimum of \$800,000.

He is expected to get third-line ice time with the Ducks alongside Andrew Cogliano and Devante Smith-Pelly, according to the Orange County Register.

"Sometimes in an organization, you sort of get labelled a certain type of player who only fits a certain type of role," Gordon told the newspaper. "You come to a new team, it's a fresh start."

"I thought a change of scenery might be good for me, and Anaheim seemed to be very interested in me. It seemed to be a good fit."

Gordon was an all-star at the minor-league level, recording 128 points in 129 games over the past two seasons and winning



JEFF GROSS/GETTY IMAGES

"Tenacity around the puck, not accepting being boxed out, winning more than his share of one-on-one battles, continuing to be a force. He's very noticeable in the hockey game because of his work ethic, and he's scored some goals."

DUCKS HEAD COACH RANDY CARLYLE TO THE ORANGE COUNTY REGISTER ON WHY ANDREW GORDON HAS STAYED ON WITH ANAHEIM

back-to-back Calder Cup championships with the AHL's Hershey Bears in 2009 and 2010.

The major-midget line-mate of Sidney Crosby with the Dartmouth Subways played NCAA hockey at St. Cloud State and was the Capitals' seventh-round pick (197th overall) in the 2004 draft.

The Ducks play the Buffalo Sabres in Helsinki on Friday.

4

sports

Quoted



"We played good in the second half to come back and steal it. We have to play better in the first half, we know that. We have to come out and improve next week."

DETROIT LIONS

QUARTERBACK MATTHEW STAFFORD YESTERDAY.

DETROIT DUG A 27-3 HOLE AT DALLAS AND CAME BACK TO WIN 34-30 SUNDAY, A WEEK AFTER FALLING BEHIND MINNESOTA 20-0 AND WINNING 26-23 IN OVERTIME. THE 4-0 LIONS ARE THE FIRST TEAM IN NFL HISTORY TO RALLY FROM TWO-STRAIGHT 20-PLUS POINT DEFICITS FOR VICTORIES ACCORDING TO STATS, LLC.



Scan code for more sports news.

Bluenosers in the bigs



► Andrew MacDonald

Nova Scotians expected to start the season on NHL rosters:

- Eric Boulton, Middle Sackville (Devils)
- x-Sidney Crosby, Cole Harbour (Penguins)
- Andrew Gordon, Porters Lake (Ducks)
- Aaron Johnson, Port Hawkesbury (Blue Jackets)
- Andrew MacDonald, Judique (Islanders)
- Brad Marchand, Hammonds Plains (Bruins)
- y-Jody Shelley, Yarmouth (Flyers)
- x-James Sheppard, Lower Sackville (Sharks)
- Colin White, New Glasgow (Sharks)
- x-injured
- y-suspended

NBL's plan to name commish falls apart

The National Basketball League of Canada has pulled the plug on an announcement to name its commissioner.

The fledgling professional league had scheduled a press conference for yesterday morning in Toronto to fill the post, which has been held by Halifax Rain-

men owner Andre Levingston on an interim basis since the league formed in May.

But Levingston issued a press release yesterday stating the agreement with their candidate had fallen through.

"Unforeseen circumstances within the agree-

ment arose at the 11th hour that would have put the league in an uncompromising financial position," Levingston said.

The Rainmen open the NBL Canada pre-season on Oct. 21 on the road against the Summerside (P.E.I.) Storm. The regular season opens on Oct. 29. ● METRO

Sports in brief

Rangers back in ALDS driver's seat

MLB PLAYOFFS. David Price can't catch a break against the Texas Rangers.

The all-star lefty took a shutout into the seventh inning, before the Rangers rallied for four

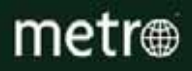
runs to beat Price and the Tampa Bay Rays 4-3 last night in Game 3 of their AL division series.

Rookie outfielder Desmond Jennings hit two solo homers for the Rays, who trail 2-1 in the best-of-five matchup. Game 4 is today at Tropicana Field.

Price was winless in six starts last month. He has never beaten the Rangers, including a pair of losses when Texas defeated Tampa Bay in last year's ALDS. **THE ASSOCIATED PRESS**

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* Only people selected for an interview will be contacted.

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low kms
#A86261



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Cars & Trucks for Sale

\$12,990

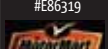
2009 Pontiac Vibe
4 cyl. Auto, 28k/kms
#M86289



407-4200

\$14,985

2010 Dodge Caliber SXT
4 cyl. Auto, Loaded,
29K/kms
#E86319



407-4200

\$17,550

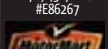
2007 Dodge Ram 1500 SRT
8cyl. Auto, Loaded,
4X4, 20" Wheels
#A86272



407-4200

\$18,977

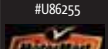
2010 Dodge Gr Caravan SE
6cyl. Auto, loaded,
Full Stow-N-Go, Rear
A/C, 45K/kms
#E86267



407-4200

\$18,985

2009 Chevrolet Cobalt SS Turbo
4cyl. Man Trans,
Loaded, Sunroof
40k/kms
#U86255



407-4200

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2.7L V6 Auto, PW, PL, Alloys, Sat. Radio, U Connect, only 21K

#DC171857 - \$19,977



2009 Honda Civic EX
4 Cyl Auto, Loaded, Leather Int. Pwr Sunroof, Alloys, only 34K

#11TJ3060A - \$19,995



2010 Chrysler Town & Country Touring
4.0L V6 Auto, Loaded, DVD, Dual Pwr Sliding Doors Grp, Low kms

4 to choose from - \$27,995



2010 Dodge Journey SXT
3.5L V6 Auto, Power Options, 5 passenger seating, Alloys, only 8000kms!

#LP275080 - \$21,995



2010 Jeep Compass North
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#W581094 - \$19,995



2008 Dodge Ram 1500 TRX-4 4X4
5.7L V8 Auto, AC, Power Options, Alloys, only 54kms

Cars & Trucks for Sale

\$24,985

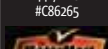
2009 Chevrolet Silverado Crew cab LS
V8. Auto, Loaded 4X4
Cloth, 50k/kms
#U86301



407-4200

\$31,357

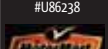
2010 Ford Explorer Sport Trac 4X4
8cyl. Auto, loaded,
Leather, Sunroof 4X4,
44K/kms
#C86265



407-4200

\$8,970

2006 Chevrolet Impala LS
6 cyl. Auto, loaded,
99k/kms
#U86238



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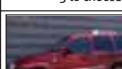
2010 Chrysler 300 Limited
3.5L V6 Auto, Leather Int., Power Sunroof, Alloys, U Connect, only 30K

#CH225169 - \$22,977



2010 Dodge Grand Caravan SE Plus
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5 to choose from - \$20,995



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#11T9233A - \$12,995



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5.7L V8 Auto, AC, Power Options, Alloys, only 54kms

#11RR2486A - \$21,995



2008 Dodge Ram 1500 TRX-4 4X4
5.7L V8 Auto, AC, Power Options, Alloys, only 54kms

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101.3 THE BOUNCE
the 9 spot
Top 5: October 3RD

- 5** Hedley - Invincible
- 4** David Guetta ft Flo Rida - Where Them Girls At
- 3** Anjulie - Brand New Chick
- 2** Gym Class Heroes, Adam Levine - Stereo Hearts
- 1** Bad Meets Evil ft Bruno Mars - Lighters

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Tessa counts down the **HOTTEST 5** songs that day!

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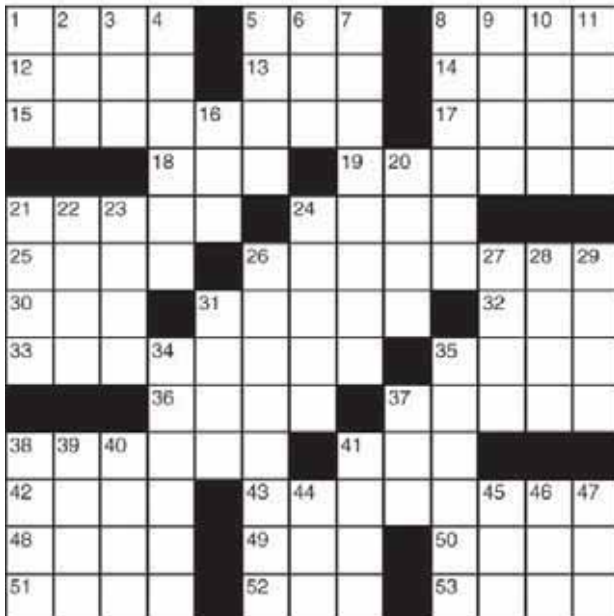
Crossword

Across

- 1 "Zounds!"
5 Not operating
8 Pump or oxford
12 Long story
13 Squeezing snake
14 Day fraction
15 Athletic awards
17 Deserve
18 Stone in a peach
19 Raspy
21 Induces ennui
24 Half-quart
25 Always
26 Long-short feet, in poetry
30 Started
31 Actor Michael
32 Conk out
33 Woos
35 Paddock papa
36 Requirement
37 Say
38 Carlsbad attraction
41 Sis' counterpart
42 Operatic solo
43 Streetcars of a sort
48 Slapstick arsenal
49 A billion years
50 Concept
51 Vortex
52 Place for 15-
Across, maybe
53 "Cut it out!"

Down

- 1 Superlative suffix
2 Needlefish
3 Past
4 Sharply dressed
5 Last write-up
6 Adversary
7 Couturiers' styles
8 Scabbard

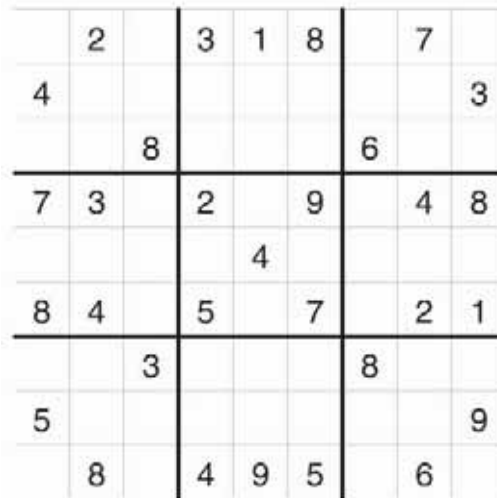


- 9 Frost
10 Yours and mine
11 Sea eagle
16 Towel designation
20 Formerly
21 Hit hard
22 Finished
23 Change the decor
24 Used a crowbar
26 Having a flair for
27 Rewrite, maybe
28 Green land
29 Crystal gazer
31 Trucker with a radio
34 "— lies the head
..."
35 Emotionless
37 Web address, for short
38 Part of a Superman costume
39 Sahara-like
40 Fought (for)
41 German city
44 Fish eggs
45 Tokyo's old name
46 Longing
47 Took a chair

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

3	6	2	4	5	1	8	7	9
5	9	4	7	3	8	1	2	6
1	8	7	6	9	2	4	5	3
8	7	6	9	2	4	3	1	5
4	5	3	1	8	7	6	9	2
2	1	9	3	6	5	7	4	8
7	2	5	8	4	3	9	6	1
6	3	1	5	7	9	2	8	4
9	4	8	2	1	6	5	3	7

Today

16°/5°
Rain
100%

Wednesday

12°/3°
Rain
90%

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Check your local listings for details.

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Today's horoscope

♈ Aries March 21-April 20 You are about to make a huge decision. Don't worry that you might get it wrong, worry only that if you lose your nerve the chance might pass you by for forever. Be bold.
♉ Taurus April 21-May 21 There is a lot of tension in the air and it won't depart until Thursday.
♊ Gemini May 22-June 21 You can be quite emotional at times and that side of your personality will be to the fore today.
♋ Cancer June 22-July 22 It might be wise to play safe, for now.
♌ Leo July 23-Aug. 23 You may be

a life-affirming Leo but a little caution is no bad thing.
♍ Virgo Aug. 24-Sept. 22 Set the record straight about what you've been up to and to point out how critics have jumped to conclusions a bit too easily.
♎ Libra Sept. 23-Oct. 23 You must tell the truth today, even if by doing so you cause yourself a certain amount of grief.
♏ Scorpio Oct. 24-Nov. 22 Why do you fear the worst for no good reason?
♐ Sagittarius Nov. 23-Dec. 21 Important arrangements may have to be changed at the very last

For today's crossword answers and for expanded horoscopes, go to metronews.ca
moment but you will profit in numerous ways.
♑ Capricorn Dec. 22-Jan. 20 What you gain over the next few days will more than make up for what you have lost in recent weeks.
♒ Aquarius Jan. 21-Feb. 18 A relationship that has fallen into a rut of late can be re-energized, but you have to make the first move.
♓ Pisces Feb. 19-March 20. You don't have to be completely open about what you are doing — it's probably best to play your cards close to your chest.
SALLY BROMPTON

Caption contest



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[illegible]